



YOUTH BASKETBALL COACHES HANDBOOK

Montgomery County Recreation
4010 Randolph Road
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MISSION

The mission of Montgomery County Recreation Youth Sports programs is to provide players a safe and fun environment to learn the fundamentals of basketball, teamwork, sportsmanship, confidence, and discipline. It is our goal to foster positive parental involvement and that every participant is treated with respect.

ROLE OF THE COACH

As coach, you will introduce players to the fundamentals of basketball and basketball terminology. As a volunteer coach your role is not just about wins and losses. Keep in mind the main reason that children participate in our program is to have FUN!!! For some players this will be their first experience playing on a team. If the emphasis is to simply win and not letting children know that it's okay to make mistakes, then how can they enjoy learning to play? Your role as a coach is to create a fun environment that gives positive feedback, teaches and encourages good sportsmanship, demonstrates basic fundamental basketball, treats players fairly and equally, and to develop teamwork.

COACHING NOTES

- 1) No team can have more than two (2) coaches during any given game. Coaches must be clearly identified to staff and officials as Head Coach and Assistant Coach. There must be at least 1 (one) coach present per game.
- 2) All coaches are required to submit to a Montgomery County Recreation (MCR) background check and are subject to approval. In the event that you are not approved, you will be notified. **HEAD AND ASSISTANT COACHES MUST BE FINGERPRINTED.**
- 3) All coaches must agree to carry out and implement the policies, responsibilities, and coaching expectations established by MCR.
- 4) The coach is the main contact between MCR and the players, communicating information (practice, games, location, concerns).
- 5) Coach is responsible for reinforcing positive spectator behavior with your team's spectators. The officials are required to communicate or address any spectator issues with the head coach and not the spectator.

- 6) Head Coaches are required to hold a preseason meeting with parents to discuss MCR conduct, rules, and responsibilities.
- 7) A coach will display good behavior and sportsmanship as an example for player's and parents to conduct themselves. During practice and at games a coach should provide a safe and fun environment for players.
- 8) Only the Head Coach and/or the Assistant Coach are allowed to sit on the bench during a game. Any violation of this rule may result in a forfeit, if the violation is not immediately addressed by removing the person from the bench area.
- 9) No Coach may leave the bench area to discuss or dispute with an official or staff. Failure to comply may result in an ejection and/or suspension.
- 10) All coaches are expected to be good role models for their players at all times. A coach that teaches skill development, achieves reasonable fitness levels (practice and games) and displays great leadership to their players, is the ultimate goal of our programs.

REMINDERS

- Players must play in their current grade
- **NEW** - If a question is raised regarding player eligibility, MCR will request a copy of the participants report card
- Players or team may only "play up" one grade level (i.e. a 3rd grader could play 4th grade)
- Players cannot play down a grade
- Games are played on either Saturday (9 am - 6 pm) or Sunday (12 noon - 6 pm). Times will vary.
- NO jewelry can be worn during games
- Uniforms are provided for each player in the instructional and 3rd-8th grade Winter Youth League. Each player must wear the provided shirt during games. T-shirt may not be altered
- Remind parents and players to list you as coach during the registration process so that they are assigned to the correct team.

MONTGOMERY COUNTY RECREATION(MCR) ROLES

SPORTS SUPERVISOR

The sports supervisor is a full-time employee responsible for the overall coordination of all Montgomery County Recreation's youth and adult sports leagues.

RECREATION SPECIALIST

The recreation specialist is responsible for coordinating any assigned league, assigns practice time/location, creates game schedules, staffing, and communicates all relevant info to volunteer coaches.

GAME OFFICIALS

Are contract or seasonal employees who are certified by the International Association of Approved Basketball Officials (IAABO) or trained seasonal MCR staff. A Game Official makes all final decisions. Although two officials are assigned to league games (kindergarten-12th grade), a game can be played with one (1) trained official (3rd-4th grade) or one (1) certified IAABO official.

GYM SUPERVISOR/SCOREKEEPERS

Are seasonal employees who are responsible for enforcing league rules and reinforcing positive coach, player, and spectator behavior. Responsibility also includes keeping game time and score.

TYPES OF YOUTH BASKETBALL LEAGUES

INSTRUCTIONAL BASKETBALL GRADES K-2

This is the introduction to the basketball for boys and girls. Non-competitive beginner league emphasizing fundamentals, basic skills, good sportsmanship, and fun. Players are assigned a practice and location. Goals (Rim) are 8' high. Four low-key practices and scrimmages are held at varying times, locations, on Saturday and Sunday. Game shirts provided.

YOUTH LEAGUE 3-8

The 3rd-8th grade league is a county-wide non-competitive league for boys and girls. Each team is assigned a practice for one hour and one day per-week. Goals (Rim) are 10' high. Depending upon which league you participate, games will be played on Saturday or Sunday. Each team will be scheduled eight (8) games which may include a bye(skip) week. Grades 3-4 will be staffed and officiated by MCR officials. Grades 5-8 will be officiated by two (2) certified IAABO officials. Game uniform tops provided.

HIGH SCHOOL 9-12

This 9th through 12th grade league is designed for high school youth emphasizing skill development, sportsmanship and fun! Separate leagues are available for boys and girls for each grade level. Game uniforms provided.

RISING STAR

A competitive league for 5th-8th grade. Rising Star is intended for highly skilled teams. All teams are pre-formed, and games officiated with IAABO officials. Coaches must coordinate practice times and uniforms for their team.

RULES

National Federation of State High School Associations Rules



Instructional Basketball Scrimmage/Game Rules

Scrimmages are intended as an extension of your practice sessions. Participants can put to use the skills they have learned in a game situation. Please do not keep score or standings for your team but encourage the team to have fun.

The game officials are Jump Start Sports staff.

1. Kindergarten and first graders will break into 2 groups and play 2 half court (using side baskets) games – 4 on 4. There will be one referee per gym. Please have a coach and/or parent oversee one of the games. The referee will keep time for the whole gym and switch sides at half time.
2. Second graders will play one game using the full court – 5 on 5.
3. Basketball rim heights should be set at 8 feet for all kindergarten through second grade games.
4. We play 4 – eight-minute quarters. Time stops on foul shots and time outs. Teams may have two (2) one-minute time-outs per game.
5. Each player must play 2 quarters from start to finish if you have a roster of 10 players. If you have more or less than 10 players, please rotate playing time each week so that everyone gets an equal opportunity. You should not have more than 12 players. No child should play every quarter of every game.
6. Use a foul line approximately 2 feet in front of the regulation foul line.
7. There are no back-court violations.
8. No pressing or double-teaming. We encourage you to play a man to man defense once the ball crosses into the offensive front court. You may want to have a lineup at the beginning of each quarter to assign each player a “man” to cover.
9. There are no 3-point shots.
10. RELAX, BE COOL, AND HAVE FUN!

YOUTH RULES (3RD-8TH GRADE)

ARTICLE I - Goals

The Montgomery County Recreation sponsors separate Basketball Leagues for boys and girls. The purpose of the Leagues shall be to provide an opportunity for Montgomery County youth, within the prescribed grade limits, to learn the fundamentals of basketball, and, under competent leadership, to enjoy participation and competition in these organized leagues. Objectives shall include the development of positive social values and character traits; good citizenship; physical and mental health; and a knowledge, appreciation, and interest in basketball. It is our goal to instill the will to win and the courage to accept defeat or disappointment, with emphasis on fair play and sportsmanlike conduct. The rules, as specified by the League, will govern practices and games at all times.

ARTICLE II - Teams

Section A

The Basketball League requires that players must play within their grade group. Exceptions will occur only when authorized by the League Director. Age groupings are as follows, provided adequate numbers exist, otherwise grades may be combined:

- Third Grade
- Fourth Grade
- Fifth Grade
- Sixth Grade
- Seventh Grade
- Eighth Grade

Section B

The League Director reserves the right to permit a team to participate in the league with fewer or more players than the maximum, depending on registration. The League Director can also require a team to register above the maximum or to place players on teams registered below the maximum. The League reserves the right to penalize teams who refuse to accept individual players assigned by the League Director. Teams in grades 3-8 will have a maximum roster of 10 players. **Players cannot be CUT from a team.**

When possible, teams in grades 4-8 will be distributed between two divisions: Beginners (new team or team below .500 record last year) or Intermediate Level (returning team with above .500 record last year). **NO advance** players on Beginners teams allow.

Returning teams that won the Entry level division in the previous season will move into the Intermediate Level unless the League Director deems otherwise. Grade 3 teams are treated as entry level teams unless informed Grade 3 team is Intermediate.

Section C

Players must be on the team roster to be eligible to play (see Article III, Section B). Each team will maintain a roster of active players. Each roster must be viewed and managed by coaches/managers via www.ActiveMontgomery.org/. All players must be registered and rostered in Active Montgomery to receive an eligible status. Additions or deletions to the roster must be reported to the League Director immediately, prior to the registration deadline, except for a player transfer or medical emergencies. Medical emergencies and player transfers must be approved by the League Director, prior to being eligible to play.

1. Changes to a roster due to medical reasons must be documented in writing, by authorized medical personnel, stating that the individual to be dropped may not return to play during the current season. An addition is only approved if the team's roster remains below the maximum for that age group.
2. Transfers may be approved in the following circumstances:
 - a. If a player moves and changes schools;
 - b. If a player transfers school;
 - c. If a team has a maximum roster;

ARTICLE III - Players

Section A

Any youth who either resides or attends school in Montgomery County is eligible for registration and will be assigned to a team in accordance with his/her grade level and middle school district, pending enough registration to form a team and the recruitment of a volunteer coach. New players added to rosters of returning teams must either live in the same middle school district or attend the same middle school, of most of the returning players. **An individual may play on only one MCR Entry Level or Intermediate Level league team. Individuals participating in the Rising Star middle school league may participate in this league, however Rising Star is considered a select league and teams must abide by Article III, item 1. A player cannot play on two teams, in the same divisions. Exception: players are eligible to play same grade level in two different division. (schedules will not be altered to accommodate a player on two different teams).**

Teams that violate the player eligibility rules will be suspended from the league for the remainder of the season. Any team using an ineligible player shall automatically forfeit all games in which the ineligible player participated. All games played, and all scheduled

games to be played shall be forfeited to the opponents. Any team dropped from the league shall forfeit all registration fees. Any coach who utilizes an ineligible player shall be banned from all Montgomery County Recreation Department activities for a period of one (1) year.

1. No team in any age group can carry more than two (2) "select" players on the roster. A select player is one who plays on a team in a league. MCPS Interscholastic Middle School 7th-8th grade players will not be considered select. The Montgomery County Recreation Rising Star program is considered a select league.
2. If a youth is 2 or more years older than the grade age range, he/she is enrolled in, he/she must move up to the next grade level in the league.
3. Players are assigned to an age group by the grade in which they are currently enrolled, not their date of birth. Players may not play up more than one grade level from their current school grade.
4. Any player who participates under an assumed name will automatically be suspended from all Montgomery County Recreation activities for a period of one (1) year from the date of the incident. If a team uses a player under an assumed name, in grades 3-6, that team shall forfeit all games in which the player participated, and the coach shall be relieved from his duties. For grades 7-8, that team shall automatically be suspended from the League for the remainder of the season and shall forfeit all games in which the player participated.

Section B

The participant fee, the registration form, and the Parent/Spectator Guidelines, properly filled out and signed by the parent or guardian, must be submitted to the Recreation Department before the youth is eligible to practice or play.

Section C

Any coach or player who is removed from a team for disciplinary reasons, or is ejected from a game, must sit out at least the next played game. A second ejection during the season may result in suspension for the remainder of that season. Any player suspended for the season forfeits his/her registration fee. The fact that a player is quitting or is dismissed from a team for disciplinary reasons must be immediately reported to the League Director. **THIS MUST BE DONE IN WRITING.** If a participant's playing time requirement is going to be altered by decision of the coach for either repeatedly missing practice or disciplinary problems, notification must be given to parent, child and League Director 24 hours prior to the scheduled game.

ARTICLE IV - Playing Time Rule

Each player in grades 3-6 is required to play two complete, uninterrupted quarters from start to finish. Teams with more or less than ten players should refer to Article IV, #5 for playing time requirements. Players in the 7-8th grade league must play one complete, uninterrupted quarter from start to finish

1. All grades: Four (4) players and an adult coach must be present to start a game. If a team has less than four players at the start of the game, the game is forfeited. Note: IAABO referees are not authorized to officiate once a game has been forfeited. (See Article XIII).
2. Late Arrivals: Players arriving by the beginning of the third quarter must play a minimum of one complete, uninterrupted quarter from start to finish. Players arriving after the start of the third quarter must be allowed to participate in the game.
3. In case of a player's INJURY OR ILLNESS during their complete quarter, the coach and gym supervisor must decide whether the child can finish the quarter. If the player is determined to be unable to complete the quarter, the team will not be penalized.
4. If any violation of the above rules occurs, the gym supervisor must be notified so that the violation may be rectified on the spot with no penalty involved. When a playing time or substitution is brought to their attention, Coaches are expected to immediately conform to the League rules. Coaches must have all players check in at the scorers' table before entering the game.
5. Grades 3-6: To be consistent with the philosophy of the league the following applies:
 - a. Coaches are required to rotate the player(s) who play one quarter in a game throughout the season.
 - b. Less than 10 players – while there is a no “must sit out” rule, in the spirit of the Montgomery County Recreation Department league, coaches are expected to provide as much equity as possible in distributing playing time among players each game.

ARTICLE V - League Formation

The Recreation Department will attempt to provide opportunities for two levels of play, Beginners and Intermediate, grades 4 - 8. (See Article II, Section B). The rules stated within these articles will govern both divisions. The only difference will be the method by

which the teams are entered. Previous season standings may determine level of play.

Section A

Beginners Level – all third-grade teams, new pre-formed teams, teams formed by the Recreation Department from individual registrations, or pre-formed teams with a record below .500 from the previous season (Limit: two (2) select players, see Article III, Section A.1.)

Section B

Intermediate Level - returning teams with a record above .500 in the previous season. These teams will be accepted from Sports Associations, Youth Clubs, or private/parochial schools. Teams must be school, or community based and must be approved by the League Director. This is not a select league. Tryouts are not permitted. The League reserves the right to add individual players to any team below the roster limit. (Limit: two (2) select players, see Article III, Section A.1).

ARTICLE VI - Uniforms and Equipment

Section A

Players are encouraged to wear appropriate basketball attire. Only official, numbered team shirts provided by the Department of Recreation may be worn. If a player loses his/her uniform, the player must provide a similar shirt in the same color.

No alteration of Montgomery County Recreation issued uniforms.

All players must wear gym shoes with non-marking soles.

The sports unit follows National Federation of State High School Associations rules, which states no jewelry can be worn during games. This includes but is not limited to watches, earrings, necklaces or bracelets.

Violations of the uniform policy may result in forfeiture of the game or games until the team is in full compliance. This decision will be made at the discretion of the League Director.

Section B

The Department of Recreation will provide all game balls.

ARTICLE VII - Awards

No individual awards are provided.

The team with the best won/loss record in the 3rd through 8th grades will receive individual awards.

In the case where teams end the season with a tied record, the team with the best record in head-to-head competition will be declared the winner.

If this still does not break the tie, the League Director will make a determination as to the presentation of the awards.

ARTICLE VIII - League Director and Gym Supervisor

Section A

The League Director shall have the power to reprimand, suspend, or dismiss players, coaches or spectators for violation of Basketball League Rules and Regulations. Other duties of the League Director include:

1. Providing a central file of up-to-date team rosters, registration forms, Spectator Guidelines in hands of each coach and other necessary data.
2. Identifying player eligibility boundaries; combining teams or redistributing team members as the need arises.
3. Authorizing player transfers and/or player assignments.
4. Recruiting, selecting, supervising and evaluating Coaches and Gym Supervisors.
5. Maintaining and requiring strict adherence to League Rules and Regulations.
6. Determining player eligibility, validating team rosters, investigating protests (player eligibility only), and initiating official acts of reprimand, suspension or dismissal. Advising individuals of their right to appeal disciplinary action via the Department's Appeal Policy.
7. Obtaining and scheduling officials, scorers and timers.
8. Preparing and distributing accurate team schedules, including make-up games to coaches, players, staff and officials and ensuring the receipt thereof.

9. Maintaining league records and team standings and communicating same to players and coaches on a regular basis.

Section B

The Gym Supervisor is employed by the Department of Recreation. Each Gym Supervisor will see that the spectators, coaches and players conduct themselves in a sportsmanlike fashion. Specific duties include but are not necessarily limited to:

1. Inspecting the gym (cleaning the gym floor every other game or when needed)
2. Handling disputes on site.
3. Receiving and checking game line-up.
4. Reporting rule violations or other pertinent matters to the League Director.
5. Recording and reporting scores.
6. Submitting to the League Director written incident or accident reports and ejections or suspensions by the end of the next working day. (Via phone within 24 hours)
7. Contacting the League Director or Referee Commissioner immediately in the absence of assigned staff.
8. Maintaining a safe environment for participation.
9. Ensuring that the games proceed on schedule.

ARTICLE IX - Protests and Forfeiture of Games

Only protests regarding player eligibility will be accepted by the League and no protest fee is required. A protest must be provided in writing to the League Director within two working days from the date the game was played. Proof of participation is the responsibility of the protesting team. The League Director must render a decision to the protesting party within three (3) working days from the date the protest was received. Any game(s) in which an ineligible player participates will be declared forfeiture (see Article III, Section A).

After 2 volunteered forfeitures, a team is automatically suspended from the league. No Refund will be awarded.

ARTICLE X - Coaches

Section A

Coaches shall be responsible for investigating and confirming the eligibility of their players. Coaches are responsible for seeing that all players are properly registered, signed Parent/Spectator Guidelines Form, prior to their participation in any league activities (see Article II, Section C and Article III, Sections A, B, and C).

Section B

A violation of playing time rules gives grounds for forfeiture. If the Coach directs or encourages any player(s) on the team roster not to be present at a League game or practice, it is grounds for immediate dismissal (see Article IV).

Section C

Coaches shall neither forbid nor penalize their players from participating on other teams sponsored by other public or private agencies.

Section D

The Coach is responsible for contacting the parent of any player who suffers an injury. Accidents must be reported to the League Director within one (1) working day of the accident or injury.

Section E

A coach/assistant is responsible for the behavior of his/her players and spectators during any league activity. The Parent/Spectator Guidelines outline the expectations of all parents and/or spectators in attendance at any league activity. **Any questions or rule interpretations can only be discussed during time-outs or between quarters in a proper manner.** Anyone who goes onto the court while the game is in progress to dispute a call will be ejected immediately and subject to suspension or further disciplinary action. Failure by anyone to leave the facility immediately following his/her ejection will result in termination of the game by the league officials. Anyone ejected from a game, must leave the facility and sit out at least the following played game; they may not be present at the site during the game. Coaches are encouraged to control their parents and spectator's behavior.

ARTICLE XI - Officials

Section A

The Department of Recreation will schedule all officials' grades 3 thru 4. If the official

does not appear within ten (10) minutes of the scheduled starting time, the two coaches may agree to a substitute. In grades 5-8, a late-arriving IAABO referee should take over the game at the first opportunity. The Gym Supervisor must notify the League Director of any late arriving or no show of official.

Section B

The league official has the power to terminate a game if he/she is subjected to excessive unsportsmanlike conduct from parents, spectators, coaches or players. When any individual is ejected from the game, the official must submit a written report to the League Director within 1 working day. When a game in progress is declared a forfeit or canceled, the official must notify the League Director within 24 hours.

Section C

Unsportsmanlike Conduct disclaimer

Parent Free Gym:

*****Montgomery County Recreation reserves the right to conduct a closed game gymnasium, to include only players, coach(es), table staff and officials, if spectator behavior becomes a distraction and/or unsafe for all.**

ARTICLE XII Postponements

Section A

Only the League Director and the Gym Supervisor are authorized to postpone a game.

Section B

All postponed games will be replayed on the first available open date designated by the League Director. If a gym is unavailable and games must be postponed, each League Director will notify the coaches and officials. **Coaches must, in turn, notify their team members.**

ARTICLE XIII - Playing Rules

Play of the game is governed by the official National Federation of State High School Associations Basketball Rules, unless otherwise described herein or modified below:

1. Game Forfeiture: All games will start as scheduled. For the first game of the day only, forfeiture is declared ten (10) minutes after the scheduled game starting time if the

four (4) eligible players and an adult responsible for managing the team are not present. For all subsequent games, scheduled game time is forfeit time. Official time is kept by the Gym Supervisor. Once a forfeit is declared it cannot be reversed.

2. Game Time: all games will consist of four (4) eight (8)-minute quarters. There will be a five (5) minute rest period between halves. The clock shall only stop for foul shots and time outs. During the last minute of each quarter the clock will stop at all whistles.
3. Time-outs: Each team will be allowed four (4) one (1)-minute time outs which can be used at any time during the game. A team is allowed one (1) additional time out per overtime and sudden death.
4. Ties at the End of Regulation Play: In the event of a tie game, there will be one (1) three (3)-minute overtime. Running time is in effect except clock stops for foul shots and time-outs. If the game is still tied, a three (3)-minute sudden death period will be played where the first team to score shall win. If the score remains tied at the end of the sudden death period, the game shall be recorded as a tie.
5. Disciplinary Action:
 - a. **Dunking or grabbing the rim is not allowed before, during or after the game.** Penalty - immediate ejection from that game and suspension from next played game. The responsible team will be financially liable for replacing any backboard or rim damaged or broken by their players.
 - b. Anyone who is ejected from the game must leave the site immediately or the league officials may terminate the game. He/she must sit out at minimum, the next game played. The individual(s) ejected will not be allowed on site during the suspension.
 - c. Anyone who approaches an official in a negative manner, or makes physical contact with or threatens, an official before, during or after a game shall be suspended for at least one (1) year from the date of the incident.
6. Practice time: It is the goal of the Department to allocate, in a County facility, a one (1) hour practice time per week for all teams. This time can be shared with another team. Teams who have arranged dedicated practice time independent of the Recreation Department are not automatically entitled to practice time allotted by the Recreation Department.

7. Defense:

- a. Third and Fourth Grade Leagues: Teams must teach and use man-to-man defense. No Double Teaming, except in the 3 second lane.
- b. If up by 15 point, the defense must play a 2-1-2 zone
- c. Fifth through Eighth Grade Leagues: Teams are strongly encouraged to teach and use man-to-man defense; however, a zone defense may be used.

8. Third and Fourth Grade Leagues:

- a. A junior (size 27.5) ball is used.
- b. No full-court press is allowed, pressure may not be placed on the offensive team until the ball reaches the hash mark between half court and the top of the key in the front court. The 10 second rule applies. Once the ball has crossed the mid-court line, no future back court infraction will be called. After the ball crosses half court the offense has 5 seconds to cross over the hash mark. After 5 seconds in this area, the defense will be released to pursue the ball, both in the front court and back court area. If there are no hash marks on the gym floor, the referees, with both coaches, will decide which line to utilize before the game starts. If no lines exist, an imaginary line halfway between the mid-court line and the top of the key will serve to mark the 'no defense' area.
- c. Double teaming will only be allowed within the three-second lane.
- d. Lane violations will not be called, unless, in the opinion of the official there is on-going abuse of this rule, in general, more than 5-6 seconds in the lane will be considered abuse.
- e. The foul line is moved up two (2) feet.

9. Fifth and Sixth Grade Leagues:

- a. An intermediate (size 28.5) ball is used.
- b. May full court press in the fourth quarter only. *Exception:* see rule #9d below.
- c. Three (3) second rule will be called.
- d. A team may not implement a full court press of any type when a fifteen (15) point lead is held. The defense may not pick up until the player(s) cross over the top of the key extended. The official will issue one warning; each subsequent violation will result in a team technical foul. The technical foul shot(s) may be taken by any player on the opposing team legally in the game at the time of the infraction. Ball will be awarded to the team shooting the technical foul.
- e. Will use the 3-point shot when playing on a court marked with the 3-point line.

10. Seventh and Eighth Grade Leagues:

- a. All girl's teams will use an (28.5) official intermediate ball. All boys' teams will use a regulation size ball (29.5).
- b. Are permitted to full-court press. *Exception* see rule #10d below.
- c. Will use the 3-point shot when playing on a court marked with the 3-point line.
- d. Ball will be awarded to the team shooting the technical foul.

ARTICLE XIV - In Case of Injury

1. Before, during or after games: notify the Gym Supervisor immediately.
2. Call the Rescue Squad if necessary (911).
3. Once the individual is cared for - fill out and turn in an accident report to the Department of Recreation within one (1) business day.
4. Call the League Director and report the incident.

High School Rules (9th - 12th Grades)

I. PLAYER ELIGIBILITY

- A player may not appear to be on more than (1) one roster in a particular league (grade level).
- There shall be a minimum of eight (8) players on each team roster and a maximum of twelve (12).
- Changes, additions, or deletions can be made prior to the third scheduled game in writing to the League Office. It is the Manager's/Coach responsibility to make sure that all rosters and changes have been received in the League Office.
- Each player on the official roster must have an Individual Player Registration Form and Standards for Spectator Behavior completed, signed by his/her parent, and submitted to the League Office before participating in a league game.
- Any team using an ineligible player shall automatically forfeit all games in which the ineligible player participated. If a team uses a player under an assumed name that team shall be dropped automatically from the League. All games played and all scheduled games not played shall be forfeited to the opponents. Any player who participates under an assumed name or a coach who uses an ineligible player will automatically be suspended from all Montgomery County Recreation Department activities for a period of one (1) year from the date of the incident
- Any coach or spectator who attempts to recruit a player currently participating on another HS League roster at a league game will automatically be suspended immediately for the remainder of the season. In addition, that suspended coach or spectator will be required to schedule and attend a meeting with the League Director before their reinstatement into any Montgomery County Recreation Department activities.
- Only protests regarding player eligibility will be accepted and no protest fee is necessary. The only protest must be submitted in writing to the League Office within 48 hours after the completion of the game. Proof of participation is the responsibility of the protesting team.
- Any team that drops from the League, after the schedule has been completed, or due to league violations, will not receive a refund.

LEAGUE RULES AND ELIGIBILITY

Intermediate: Teams can't have any advanced players on roster.

Advanced: Teams can have unlimited advanced players on roster.

(A minimum of 8 players are required for a team with a maximum of 12) * A select player is one who plays on a team with tryouts – Rising Star, AAU or I - 270. No jewelry of any kind may be worn during the game. *

II. PLAYING RULES

- Unless modified by these rules, all games of the League shall be played in accordance with the current National Federation Of State High School Associations Basketball rules.
- Substitutions shall be unlimited. (Note: Once a team has met these requirements, a team may finish the game with as few as 1 player providing said team has a chance to win the game.)
- **DUNKING** or **GRASPING THE RING** is not allowed before, during, or after the game. Any player guilty of dunking/grasping ring will automatically be ejected from the game. Each team will be held responsible for replacing any backboard or rim broken or damaged by their players.
- If a team forfeits 3 games during the season due to insufficient number of players, that team may be dropped from the League. All scheduled games not played shall be forfeited to the opponents.
- **NO JEWELRY** allowed at anytime
- **If there is a question about player eligibility, we will request an official school report card for proof of grade.**

III. DISCIPLINARY ACTION

- A player, manager, or coach who is ejected from a game by an official or for **dunking/grasping** the rim, shall be suspended for at least one (1) additional game (next league game played by that team). A second ejection during the season shall be an automatic suspension for a period of at least one (1) year from the date of the second incident.
- Any player, manager, or coach who approaches an official in a negative manner after the conclusion of a league game shall be suspended for at least one (1) game.
- *A spectator who is ejected from a game by an official or who approaches an official in a negative manner after the conclusion of a league game shall be suspended for at least two (2) additional games (the next league games played by that team). The suspended spectator is also required to schedule and attend a meeting with the league director before their reinstatement into any Montgomery County Recreation Department activities. In addition, the head coach who is present at the league game where the incident with the spectator occurred shall be suspended for at least one (1) game (the next league game played by that team).*
- Anyone who makes physical contact with or threatens an official shall be suspended for at least one (1) year from the date of the incident,
- Any unsportsmanlike conduct may result in barring the player(s) or the team from further participation in the League.
- Any suspension handed out can be appealed to the League Office. The appeal must be submitted in writing within 48 hours after the affected

- individual has received the suspension letter. A hearing will be called within five working days upon receipt of the appeal in the League Office.
- A coach/manager that pulls a team off the floor for any reason: that team and coach will be suspended for the remainder of that season, plus the following year.
 - A player, manager, or coach who is ejected from a game by an official or for **dunking/grasping** the rim, shall be suspended for at least one (1) additional game (next league game played by that team). A second ejection during the season shall be an automatic suspension for a period of at least one (1) year from the date of the second incident.
 - A spectator who is ejected from a game by an official or who approaches an official in a negative manner after the conclusion of a league game shall be suspended for at least two (2) additional games (the next league games played by that team). The suspended spectator is also required to schedule and attend a meeting with the league director before their reinstatement into any Montgomery County Recreation Department activities. In addition, the head coach who is present at the league game where the incident with the spectator occurred shall be suspended for at least one (1) game (the next league game played by that team).
 - Failure by anyone to leave the facility immediately following his/her ejection will result in termination of the game by the league officials.

IV. MISCELLANEOUS

- **AWARDS** shall be as follows:
League Champion – 12 individual awards

***No schedule changes will be permitted, once schedules are posted. Any team unable to fill a team, after schedules have been posted, will forfeit their entire registration fee; no partial refunds*

RIISING STAR RULES (5TH-8TH GRADE)

IV. PLAYER ELIGIBILITY

- A player may not appear to be on more than (1) one Rising Star roster in a league (grade level).
- There shall be a minimum of eight (8) players on each team roster and a maximum of twelve (12).
- Divisions are based on grade level. A player may not be more than one (1) year older than the appropriate age for that grade level (ex. 5th grade – 11-year-old; 6th grade – 12-year-old; 7th grade – 13; 8th grade – 14). Ages are based at the start of the school year (September 1st). Players in 3rd grade and below are prohibited from participating in league play.
- The team manager shall submit to the League Office before the first scheduled game the official roster with all the players on his/her team. Changes, additions, or deletions can be made prior to the third scheduled game in writing to the League Office on the roster addition/deletion form. It is the Manager's/Coach responsibility to make sure that all rosters and changes have been received in the Sports Office.
- Each player on the official roster must have an Individual Player Registration Form and Standards for Spectator Behavior completed, signed by his/her parent, and submitted to the League Office before participating in a league game.
- A player shall participate in a minimum of five (5) league games to be eligible to play in the playoffs during the winter league only. A player who has not participated in the minimum number of games because of an injury shall be eligible to play in the playoffs upon approval of the **League Director**.
- Players cannot play down a grade level.
- Any team using an ineligible player shall automatically forfeit all games in which the ineligible player participated. If a team uses a player under an assumed name that team shall be dropped automatically from the League. All games played and all scheduled games not played shall be forfeited to the opponents. Any player who participates under an assumed name or a coach who uses an ineligible player will automatically be suspended from all Montgomery County Recreation Department activities for a period of one (1) year from the date of the incident (**exception: A player on two Rising Star rosters**).
- A player must be officially released in writing, before he/she may play with another team, The Release Form, available from the League Director, must be submitted.
- Any coach or spectator who attempts to recruit a player currently participating on another Rising Star roster at a league game will automatically be suspended immediately for the remainder of the season including the playoff tournament. In addition, that suspended coach or spectator will be required to schedule and attend a meeting with the League Director before their reinstatement into any Montgomery County Recreation Department activities.
- Only protests regarding player eligibility will be accepted and no protest fee is necessary. The only protest must be submitted in writing to the League Office

within 48 hours after the completion of the game. Proof of participation is the responsibility of the protesting team.

- Any team that drops from the League, after the schedule has been completed, or due to league violations, shall forfeit their entire franchise fee.

V. PLAYING RULES

- Unless modified by these rules, all games of the League shall be played in accordance with the current National Federation of State High School Associations Basketball rules.
- Substitutions shall be unlimited. **A game may start with a minimum of 4 players.** A team must start the game at the scheduled starting time if the minimum number of players are present. (Note: Once a team has met these requirements, a team may finish the game with as few as 1 player providing said team has a chance to win the game.)
- Each team shall be allowed 6 team fouls per half before the one and one rule shall apply. One and one takes effect on the 7th team foul.
- All games shall consist of two (2) fourteen (14) minute halves. There shall be a five (5) minute rest period between the two (2) halves. **There will be three (5) 30-second timeouts that can be used at any time during the game.** The clock will stop on **all whistles.**
- The first 2 overtime periods shall be 3 minutes each. The clock will stop on **all whistles.** The third overtime shall be sudden death (exception: no sudden death for playoff tournament).
- There shall be 10-minutes grace period from the scheduled starting time for the first game only. A team must start the game at the scheduled starting time if the minimum number of players are present within the 10-minute grace period. The subsequent games shall start at the schedule starting time or within 5 minutes after completion of the previous game, whichever is later.
- **DUNKING** or **GRASPING THE RING** is not allowed before, during, or after the game. Any player guilty of dunking/grasping ring will automatically be ejected from the game. Each team will be held responsible for replacing any backboard or rim broken or damaged by their players.
- If a team forfeits 3 games during the season due to insufficient number of players, that team may be dropped from the League. All scheduled games not played shall be forfeited to the opponents.
- **UNIFORMS:** All team players shall dress in the same color shirts with at least a six-inch number on the back (no duplicate numbers). The home team (second team listed on the schedule) shall wear their light colored jersey and the visiting team will wear their dark colored jersey. Teams must have two (2) uniform colors available at each game. Failure to have an alternate uniform color available could cause the game to be forfeited to the opposing team.

- The 5th and 6th Grade Boys League will use an intermediate ball for all games. The home team is responsible for supplying an official game ball for each league game.

VI. DISCIPLINARY ACTION

- A player, manager, or coach who is ejected from a game by an official or for **dunking/grasping** the rim, shall be suspended for at least on (1) additional game (next league game played by that team). A second ejection during the season shall be an automatic suspension for a period of at least one (1) year from the date of the second incident.
- Any player, manager, or coach who approaches an official in a negative manner after the conclusion of a league game shall be suspended for at least one (1) game.
- *A spectator who is ejected from a game by an official or who approaches an official in a negative manner after the conclusion of a league game shall be suspended for at least two (2) additional games (the next league games played by that team). The suspended spectator is also required to schedule and attend a meeting with the league director before their reinstatement into any Montgomery County Recreation Department activities. In addition, the head coach who is present at the league game where the incident with the spectator occurred shall be suspended for at least one (1) game (the next league game played by that team).*
- Anyone who makes physical contact with or threatens an official shall be suspended for at least one (1) year from the date of the incident,
- Any unsportsmanlike conduct may result in barring the player(s) or the team from further participation in the League.
- Any suspension handed out can be appealed to the League Office. The appeal must be submitted in writing within 48hours after the affected individual has received the suspension letter. A hearing will be called within five working days upon receipt of the appeal in the League Office.
- A coach/manager that pulls a team off the floor for any reason: that team and coach will be suspended for the remainder of that season, plus the following year.
- Failure by anyone to leave the facility immediately following his/her ejection will result in termination of the game by the league officials.

VII. MISCELLANEOUS

- **AWARDS** shall be as follows:
League Champion – 12 individual awards

Playoff Champion – 12 individual awards * Winter League only

Playoff Runner-Up - 1 team award* Winter League only

- **PLAYOFF TOURNAMENT:** A single elimination post-season playoff for all teams will be conducted during the winter league only.
- Each team must confirm their availability to participate in the playoff.
- Each grade level will consist of an upper bracket and a lower bracket.
 - I. Teams will be placed in either bracket based on league record, strength of schedule, margin of victory and other factors to be determined by the League Director.
 - II. League Director reserves the right to place teams in any bracket.
- Ties affecting the tournament positions shall be decided as follows:
 - 1. Record in the division (Win = 2pts; Loss = -1pts)
If tied, then
 - 2. Record of teams against each other in division competition
If tied, then
 - 3. Margin of victory of teams against each other in division competition.

FORMS

4010 Randolph RD
Silver Spring, MD 20902-1099
240-777-6870

Coaches' Code of Ethics

It shall be the duty of each Coach to:

1. Read, sign, and return Coach's Code of Ethics to the League Director.
2. Comply with the philosophy, policies and procedures of Montgomery County Recreation. Respect all employees and volunteers involved in the program. Remember that each coach is a representative of the Recreation Department.
3. Remember to encourage and compliment players when they show improvement, play with extra effort, or simply need kind words. Do not unduly criticize players in front of spectators or other players. Criticism should be constructive in nature.
4. Abide by a doctor's decision in all matters of players' health, injuries, and ability to play.
5. Not allow a player to enter or re-enter a game if there is any doubt as to the seriousness of an injury.
6. Not use tobacco related products while in the presence of players.
7. Exhibit good sportsmanship by refraining from rude or abusive language, actions or gestures.
8. Encourage good sportsmanship by demonstrating, at every game and practice, respect and positive support for all players, coaches, officials, staff, and other spectators.
9. Accept decisions of officials as being fair and performed to the best of their ability. A coach will never go onto the court while the game is in progress to dispute a call. Any questions or rule interpretations should be handled during time-outs/between quarters in a proper manner.
10. Assist in maintaining a drug, alcohol, and tobacco-free environment by refraining from their use at all practices or games.

11. Be responsible for ensuring that players on his/her team and team spectators are aware of number 7, 8, 9, and 10 above.
12. Demonstrate dignity in winning or in losing, recognizing that both offer opportunities for the personal growth of our youth participants.
13. If a coach is ejected, leave the facility and is required to sit out the following game.
14. Remember, these are young athletes who are still learning; encourage and compliment any player who displays effort, good sportsmanship or improved play.

Coach's Name (please print) _____ Date: _____

Signature _____ Team Name: _____

Location/Area: _____

PARENT/SPECTATOR CODE OF CONDUCT

Overview

Montgomery County Recreation (MCR) provides a safe and balanced learning environment for



players of all abilities that develops athletic skills, character, sportsmanship, and teamwork for children in grades kindergarten through 12 through their participation in competitive recreational basketball.

Montgomery County Recreation (MCR) wants to promote the physical, social and emotional development of youth participants. It is therefore essential for parents, coaches and officials to encourage young athletes to embrace the values of good sportsmanship. Moreover, adults involved in youth sporting events should be models of good sportsmanship and should lead by example; by demonstrating fairness, respect and self-control.

As a parent or guardian of a MCR player, I therefore pledge to be responsible for my (and any other parent, guardian or guests of my child) words and actions while attending, coaching or participating in a youth sporting event. I shall conform my behavior to the following code of conduct:

1. I will remember that children participate to have fun and that the game is for the youth participants, not adults.
2. I (and my guests) will be a positive role models for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting events.
3. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any MCR staff, official, coach, player, or parent such as booing and taunting; refusing to shake hands; verbal or physical threats; or using profane language or gestures.
4. I will not engage, or encourage my child or any other person to engage, in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official, MCR staff or any other attendee.
5. I will treat, and ensure my child treats, any coach, parent, player, participant, official, MCR staff or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation, game play or ability.
6. I will not initiate, and will not tolerate my child initiating a verbal or physical fight, abuse, negative comments or scuffle with any coach, parent, player, participant, official, staff or any other attendee.
7. I will not embarrass my child by calling attention to him/her through loud or rude behavior.
8. I will encourage my child to practice good sportsmanship.
9. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
10. I will promote the emotional and physical well-being of all the athletes ahead of any personal desire I may have for my child to win.
11. I will respect the staff and official's authority during games and will never question, discuss, or confront coaches or MCR staff at the game, and will take time to speak with coaches privately at an agreed upon time and place if I have an issue or concern.
12. I will help ensure that each child plays in a safe and healthy environment, leave food and beverages outside the gym help pick up trash and notify coaches or staff of noticeable playing hazards.
13. I will assure the sports environment is free from tobacco products, drugs and alcohol at all youth sporting events.
14. I will accept decisions of officials as being fair and performed to the best of their ability. Refrain from criticizing any of the above verbally or by gesture. Never go onto the court/field while the game is in progress to dispute a call. Allow any questions or rule

interpretations to be handled appropriately by the coaches, staff and officials during time-outs/between halves or each quarter.

I hereby agree that if I (or other parent, guardian, or guests of my child) fail to conform my conduct to the foregoing while attending, coaching, or participating in a MCR youth sports event I and/or my child will be subject to disciplinary action, including but not limited to the following in any order or combination:

1. Verbal warning issued by a league, MCR organization or a MCR official who is authorized to issue such warning.
2. Written warning issued by a league, MCR organization or a MCR official who is authorized to issue such warning.
3. Suspension or immediate ejection from a MCR event issued by a league, MCR organization or a MCR official who is authorized to issue such suspension or ejection.
4. Suspension from multiple MCR events issued by a league, MCR organization or a MCR official who is authorized to issue such suspension.
5. One season, multiple season or permanent suspension issued by a league, MCR organization or a MCR official who is authorized to issue such suspension.

If a spectator is ejected for these or any reason, as dictated by the League Rules, he/she may not attend the next two (2) games at a minimum. If a spectator is ejected a second time or acts out physically towards another individual, he/she will not be allowed to attend any Montgomery County Recreation Sports activities for a minimum one (1) year from the date of the incident. If such action is taken, the individual must meet with the League Director prior to returning to any event. In addition, the head coach present at the game will be suspended for at least one (1) game.

*****Montgomery County Recreation reserves the right to conduct a closed gymnasium, to include only players, coach(es), table staff and officials, if spectator behavior becomes a distraction and/or unsafe for all.**

I have read and understand the above standards.

PARENT NAME & SIGNATURE: _____ DATE: _____

PLAYER NAME: _____ TEAM NAME: _____ DATE: _____

INCLEMENT WEATHER POLICY



Alert Montgomery is the official emergency communications service for Montgomery County, MD. During a major crisis, emergency or severe weather event, Montgomery County officials can send event updates, warnings and instructions. Please sign up today at <https://alert.montgomerycountymd.gov> to receive notifications and updates (e.g. water main break, tornado warning) on all of your devices at once - email account (work, home, other); cell phone; XM Channel 214; Twitter: Add "Montgomery County MD" in find people; Facebook; Add Montgomery County MD Office of Emergency management and Homeland Security" in friends; Text MONTGOMERY to 411911. The Montgomery County Recreation inclement weather phone line is 240-777-6889. Be careful not to mistake individual closings, and delayed openings. We will only cancel when the Community Use of Public Facilities cancels all school programs. In some cases, activities scheduled in the Recreation Department community centers are held even when MCPS facilities are closed.

For permit questions after hours, contact:

Community Use of Public Facilities (CUPF) After Hours Phone: 240-490-2873

COACHING RESOURCES

Video links for fundamental basketball skills

Coaching	https://www.youtube.com/watch?v=v8q3PPE7iZg
Beginners Drills	https://www.youtube.com/watch?v=whQwAdWyZq0
Practice Drills	https://www.youtube.com/watch?v=32dOSPxfcQw
Layup Drills	https://www.youtube.com/watch?v=Tm7N2HU4noQ
Rebound/Box Out	https://www.youtube.com/watch?v=J6QmHTVdKKc
Rebounding	https://www.youtube.com/watch?v=9flq84QWaK4
Defense Man	https://www.youtube.com/watch?v=zZXmTLUwTDM
Defensive Drills	https://www.youtube.com/watch?v=EPK65nswetc
Shooting Drills	https://www.youtube.com/watch?v=nqqw_hYT4QM
Shooting Drills	https://www.youtube.com/watch?v=vCXBTOkRT1k
Dribbling	https://www.youtube.com/watch?v=coCdV86FPeQ
Ball Handling	https://www.youtube.com/watch?v=Havhs_ZwHxE









